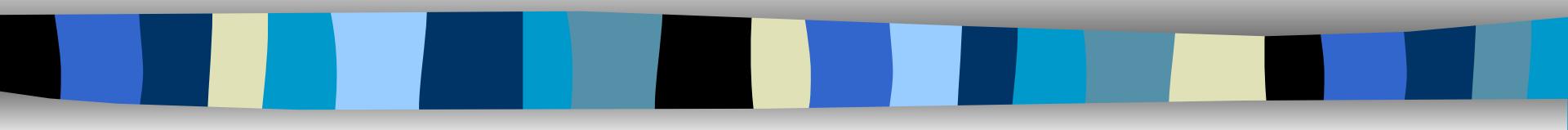


Development of Water Obstacle Course



ORM Training Exercise
3/28/00



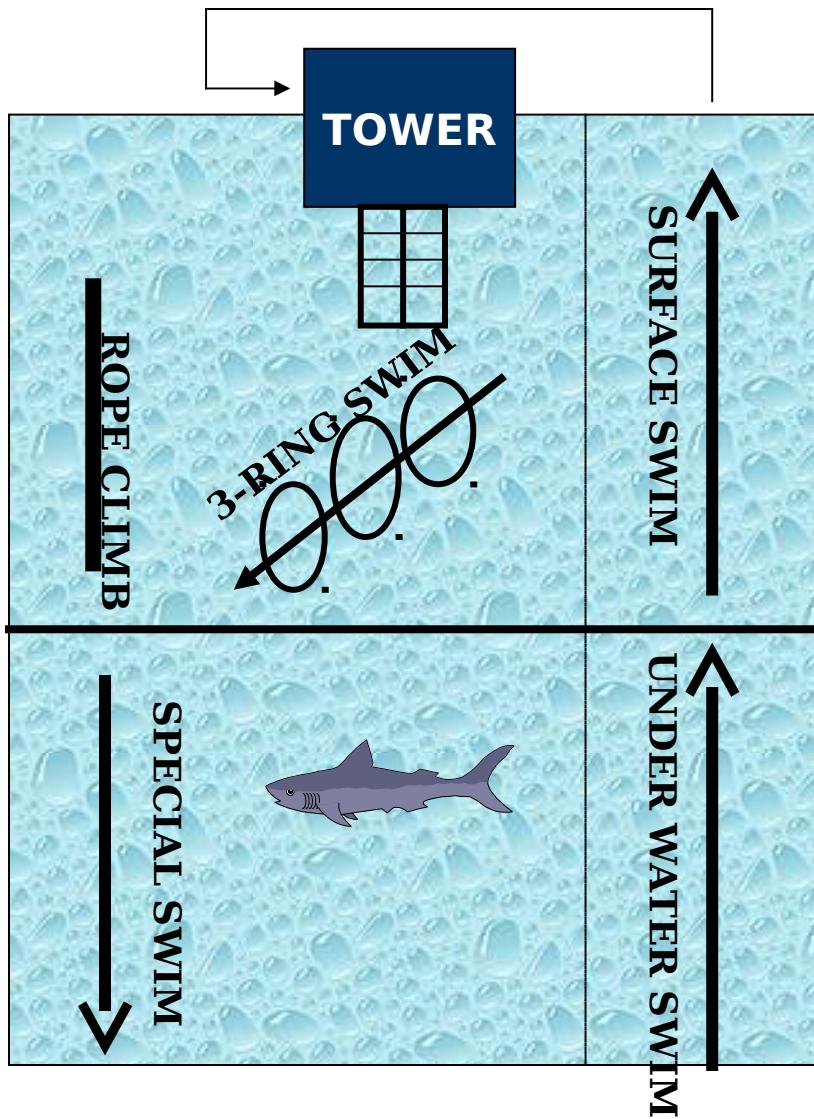
MISSION:

Enhance swim skills and confidence levels in aquatic environment;

Supplement and enhance cardiovascular tra

Target group: API, NACCS, OCS

SWIM OBSTACLE COURSE



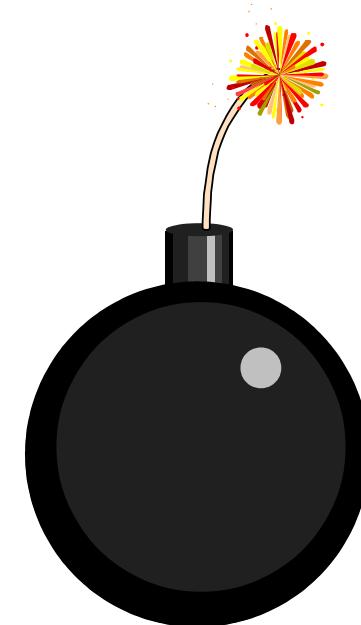
OPERATIONS ANALYSIS

- Brief Event
- Don gear
- Water entry
- Underwater swim in shallow end
- SFC swim
- Exit Pool/Enter tower
- Burma Bridge
- Water entry
- Underwater hula hoop
- SFC Swim
- Rope climb
- Water entry
- Buddy tow
- Water exit
- Rinse gear/hang up
- Bleachers

HAZARD IDENTIFICATION (Controls)

■ Brief Event:

- “C” Tank
- Assumptions (discuss)
- Establish Curriculum
 - Reinforce “Training Time Out”
- Rooster (ensure all sign)



- **DON GEAR**
 - Slips (squeegee mops, gear condition, control # people)
 - Falls
- **WATER ENTRY**
 - Slips (use ladder)
 - Head Injury
 - Too many at once (2 at a time)
- **UNDERWATER SHALLOW SWIM**
 - Shallow water blackout (breathe normally)

- Hit bottom/side (goggles until tower, keep eyes open, follow black line)
- Drowning (one at a time)

- Surface Swim

- Fatigue, cramps, swallow water, vomit, water aspiration (PMP, lifeguard)
- Hit wall (see above)
- Tower Jumpers/proximity (separate, lane line, buoys)

- Exit Pool

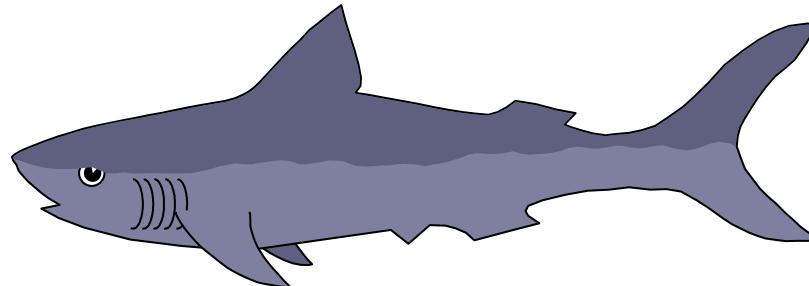
- Slips/falls (see above, previous person help egress)

- Enter Tower
 - slip/fall (go slowly, take time)
 - vertigo/unsteady at heights (one student on stairs and one on tower, instructor on tower, student to notify inst if dizzy)
- Burma Bridge
 - slip/fall through bridge (rope condition, suspension)
 - bridge breaks (check weight limit, regular maintenance)
 - rope burn (awareness of ropes)
 - fall from tower (instructor supervision)

- Water Entry
 - bad position for entry/injuries (prebrief, supervise)
 - fatigue/water aspiration (lifeguard)
 - jumping on top of someone (cannot leave tower until previous student is doing surface swim)
- Underwater/Hula Hoop
 - entangle in hoop/ropes (underwater safety measures/swimmer, keep eyes open)
 - same as surface risks
- Surface Swim (see above)

- Rope climb
 - rope burn(awareness, procedures)
 - breaks/give way (regular maintenance)
 - fatigue (observer)
 - falling/injury (observer)
- Water Entry (see above)
 - injury/falling
 - water aspiration
- Buddy Tow (safety observer)
 - fatigue/aspiration
- Bleachers

- Water Exit
 - falls/slips/fatigue (same as above)
- Rinse Gear/Hang up
 - slip (same as above)



TOTEM: RAC after

1	Tools
2	Burma Bridge
3	Enter Tower Water entry after Burma Bridge Underwater Hula hoop Surface swim
4	Rope climb, Water entry after Tower Water Exit
5	

Tools
NONE

Burma Bridge

Enter Tower

Water entry after Burma Bridge

Underwater Hula hoop

Surface swim

Rope climb, Water entry after Tower

Water Exit

- Totem Pole
- Implement Control Measures
- Supervise
 - primary instructor with overall responsibility
 - ensure adequate training/quals of all involved
 - one teaching assistant, 2 safety swimmers, one safety observer per class of 40 max
 - DivO, Chief, Dept Head of PT/Water survival involvement
 - Model Manager Oversight



- Feedback/Lessons learned
 - from students
 - from instructors
 - from independent observers/evaluators

